



**The Spiritual Combat  
Lorenzo Scupoli**

The Spiritual Combat is known as one of the greatest spiritual classics along with The Imitation of Christ, and was called the "golden book" by St. Frances de Sales. It was "the favorite, the dear book" of this great spiritual master, who was known to carry a copy with him for 18 years. The Saint read pages of it every day and recommended it to all under his direction. The purpose of the work is to guide the reader toward self mastery and spiritual perfection. It offers practical and concise guidance for people living "in the world", who wish to overcome temptation, sin and all that is evil. (Summary by Roman Pallone, with excerpts from CatholicTradition.org)

**Read by LibriVox volunteers. 64 Tracks. Total running time: 05:12:03**

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